

A380 - STRAWBERRIES, FROZEN, SLICED, SWEETENED, 30 LB



Nutrition Information

Strawberries, sliced, sweetened, thawed

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B or better sliced strawberries with sugar added. Fruit/sugar ratio is 4 to 1.
PACK/YIELD	<ul style="list-style-type: none"> 30 lb case. One 30 lb case AP yields about 53¼ cups thawed, sliced strawberries and juice and provides about 213.0 ¼-cup servings thawed fruit and juice. One lb AP yields about 1¾ cups thawed, sliced strawberries and juice and provides about 7.10 ¼-cup servings thawed fruit and juice. CN Crediting: ¼ cup thawed, sliced strawberries and juice provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store frozen strawberries at 0 °F or below, off the floor and away from the walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration. Opened strawberries may be stored in the refrigerator in a covered dated nonmetallic container for 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Proper thawing is the key to product quality. For best results, thaw strawberries at 40 °F to minimize oxidation. Promptly return any unused product to the refrigerator. Add frozen berries as the last ingredient in fruit or gelatin salads to prevent crushing the berries or discoloring other fruits.

	¼ cup (64 g)	½ cup (128 g)
Calories	61	122
Protein	0.34 g	0.68 g
Carbohydrate	16.52 g	33.05 g
Dietary Fiber	1.2 g	2.4 g
Sugars	15.31 g	30.61 g
Total Fat	0.08 g	0.17 g
Saturated Fat	0 g	0.01 g
<i>Trans</i> Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.38 mg	0.75 mg
Calcium	7 mg	14 mg
Sodium	2 mg	4 mg
Magnesium	4 mg	9 mg
Potassium	62 mg	125 mg
Vitamin A	15 IU	31 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	26.4 mg	52.8 mg
Vitamin E	0.15 mg	0.29 mg



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

Visit us at www.fns.usda.gov/fdd

A380 - STRAWBERRIES, FROZEN, SLICED, SWEETENED, 30 LB

USES AND TIPS	<ul style="list-style-type: none">• Serve thawed strawberries in fruit cups, salads, and over hot or cold cereals.• Use in recipes for jellied salads, glazes, desserts, or other baked items.• Also use as topping for ice cream, yogurt, puddings, shortcakes, pancakes, French toast, and preserves.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.• Do not refreeze strawberries.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.